

IN THE CLAIMS

Please amend the claims as follows:

Claim 1 (currently amended): A steam-generating warming article comprising a steam generating warming sheet ~~element making use of chemical energy and~~ which is adapted to supply steam while in contact with the surface of the body,

wherein said steam generating warming sheet comprises a heat generating sheet having a large number of holes or cuts and a holder for holding said heat generating sheet, said heat generating sheet being a molded sheet comprising an oxidizable metal, a reaction accelerator, and a fibrous material, having incorporated therein an aqueous electrolyte solution, and wherein said heat generating sheet generates heat upon contact with air,

wherein the molded sheet contains 60% to 90% by weight of the oxidizable metal, 5% to 25% by weight of the reaction accelerator, and 5% to 35% by weight of the fibrous material, and

wherein the heat generating sheet comprises

40 to 80 parts by weight of the aqueous electrolyte solution containing 1% to 15% by weight of an electrolyte per 100 parts by weight of the molded sheet

said holder having air permeability in at least a part thereof to allow steam to be released outside through said holder, and

an air permeable part of said holder having a water vapor transmission rate of 300 to 2000 g/m²·24 hr (JIS Z0208, 40°C, 90% RH)

~~wherein~~

~~the steam-generating warming article, while being in contact with the surface of the body, maintains a body surface temperature at 38° to 49°C over a period of 3 to 15 hours and has a steam-generating ability such that a cumulative amount of released steam ranges from 0.5 to 12 mg/3 hr·cm².~~

Claims 2-3 (canceled)

Claim 4 (canceled):

Claim 5 (currently amended): The steam-generating warming article according to ~~claim 4~~ claim 1, wherein the steam-generating warming sheet has a steam release area of 0.001 to 0.25 m².

Claim 6-12 (canceled)

Claim 13 (currently amended): The steam-generating warming ~~sheet~~ article according to claim ~~12~~ 1, wherein a weight ratio of the reaction accelerator to the oxidizable metal is 0.1 to 0.3, and a weight ratio of the fibrous material to the oxidizable metal is 0.1 to 0.3.

Claim 14 (currently amended): The steam-generating warming ~~sheet~~ article according to claim ~~12~~ 1, wherein a ratio of the weight of the molded sheet to the area of the steam-generating warming sheet is 0.03 g/cm² to 0.17 g/cm².

Claim 15 (currently amended): The steam-generating warming ~~sheet~~ article according to claim ~~12~~ 1, wherein the molded sheet has a thickness of 0.1 mm to 2 mm.

Claim 16 (currently amended): The steam-generating warming ~~sheet~~ article according to claim ~~12~~ 1, wherein the molded sheet is a sheet formed by a papermaking process.

Claims 17-19 (canceled)

Claim 20 (currently amended): The steam-generating warming ~~sheet~~ article according to claim 1 which is used as supported in or on an attachment belt with the air permeable part of the holder facing outward.

Claim 21 (currently amended): A package of a steam-generating warming ~~sheet~~ article comprising an oxygen barrier wrapper and the steam-generating warming ~~sheet~~ article according to claim 1, air-tightly packaged in the wrapper.

Claim 22 (new) A method of improving a human body's physiology comprising contacting a human body surface with the steam-generating warming article of claim 1.

Claim 23 (new) The method according to claim 22, wherein said steam-generating warming article is applied to the lower back to reduce or eliminate lower back pain.

Claim 24 (new) The method according to claim 22, wherein said steam-generating warming article is applied to the abdomen to reduce or eliminate abdominal pain.

Claim 25 (new) The method according to claim 22, wherein said steam-generating warming article is applied to the lower back and/or the abdomen to improve the gastrointestinal functions.

Claim 26 (new) The method according to claim 22, wherein said steam-generating warming article is applied to the lower back and/or the abdomen to help recover from fatigue.

Claim 27 (new) The method according to claim 22, wherein said steam-generating warming article is applied to the human body surface to supply steam and maintain the skin surface temperature at 38° to 49°C over a period of 3 to 15 hours.